



GOLD[®]

IMMERSIVE AFRICAN EXPERIENCE
CAPE TOWN

<https://goldrestaurant.co.za/>
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An African Plant Base Taste Menu

Africa is the second largest land mass on earth and home to hundreds of tribes, ethnic and social groups. This diversity is reflected in our cuisine. Geographically and from a culinary point of view, the continent can be divided into three principal regions: North Africa, sub-Saharan and Southern Africa. Contrary to popular western perceptions of a predominantly meat-based diet many traditional African dishes contain very little meat. In fact, authentic African cooking consists largely of organically produced whole grains and beans, fresh fruit and vegetables. In an increasingly health-conscious society, African cuisine may well become the new healthy way of cooking.

OUR ENTIRE SET MENU IS SERVED AT YOUR TABLE IN SHARING AND INDIVIDUAL PORTIONS. YOU ARE WELCOME TO ORDER MORE OF ANY OF THE DISHES

Summer garden salad with toasted seeds

Fresh seasonal garden salad with baby spinach, beetroot, cauliflower and mixed seeds with a mustard dressing.

South African roosterkoek

Traditionally roasted over a fire during a braai - crispy on the outside, soft in the inside
(Gluten free option: Cassava toast)

Ethiopian spiced carrot pate

A delicious creamy delicatèd spiced carrot pate

Xhosa imfino patties

These patties combine two of Africa's staples, maize and spinach. Usually eaten by hand, we have combined them into an easy-to-eat patty

Malawi sweet potato cakes

Sweet potatoes are a staple in Africa and these delicious savoury cakes are fried with a hint of chili

South African pea and potato samoosas

Variations of these crisp pastries can be found throughout the Middle East and Northern African countries. Our vegetarian option are filled with a creamy pea and potato mash

Egyptian butterbean mash with Dukkah

Dukkah is a dry mix prepared with nuts, sesame seeds, coriander and cumin. We serve this with a soft butterbean mash

Zanzibar vegetable curry with coconut

Delicately spiced curry with seasonal vegetables and coconut milk

Egyptian spicy lentils

North African spices abound in this earthy lentil dish

Northwest African sorgham with cauliflower

Sorghum originated in the heart of Africa and was domesticated around 8000 BCE in Ethiopia and Sudan. It later spread to East and South Africa. This versatile grain is naturally gluten free.

East African kuchumbari

A fresh and vibrant salad with tomatoes, onions and pickled onion. Most of the countries in the Africa Great Lakes region enjoy this dish in different variations. We have pickled our onions in Hibiscus syrup

Moroccan chickpea filo pie (pastilla)

A known dish in the Magreb, particularly Morocco and Algeria, Pastilla (or bastilla) is a sweet and savory pie made with crispy, flaky phyllo dough and filled with chickpeas, aubergine and sweet potato, seasoned with warm North African flavors including ras el hanout

Cape Town vegan chocolate ice cream

Rich and creamy chocolate ice cream made with oat and coconut milk

Seasonal fruit platter

Fresh seasonal fruit and berries

FOOD ALLERGIES and INTOLERANCES: We take utmost care with our dietary requirements however our dishes may contain nuts, wheat, egg dairy, soy, or fish allergens unless noted at time of your booking - Please speak to our staff about any allergies you might have

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Traditional Entertainment

The nightly performances at Gold Restaurant are an eclectic mix of African dancing, singing and puppetry. It's important to note that this isn't your typical dinner theater. Instead it's a one-of-a-kind and immersive experience where you can enjoy the show right in your dining room, no matter where you're seated.

First Performance

Inspired by the traditions of Malian performance a puppet and a praise singer welcome you to the restaurant in an African song and dance. Inspired by master puppeteer Yaya Coulibaly, our Mali puppets showcase the non-narrative, symbolic performance style of the Bamana people. In the animistic Bamana tradition, puppets and masks are intermediaries between the human and spirit world. Performance is an expression and celebration of the interconnectedness of man and nature, the innate balance of human and spirit forces. Puppets are also jesters and entertainers, used in ceremonies celebrating the passing of seasons and coming of age.

Second Performance

The second performance is a contest between two male warriors and female dancers and it symbolises the strength of African men and women and goes to portray the warriors and dancers trying to impress and get the attention of each other through their dance acts.

Last Performance

The last performance is dedicated to the Royalty, a tribute to the Kings and Queens in Africa. In this piece you will have the arrival of the Queen Mother from the Akhan tribe dressed in a lot of Gold, sprinkling some 24-carat gold dust as a symbol of wealth and power. She will be wearing Gold eye glasses that was worn to prevent eye contact with ordinary people.

